



4 - Essex cookies



8- Basketbrawl

Brief Notes

Phase one of the Main Base road pavement replacement project is in progress.

Paving work from January 10-23 will be performed **between Galaxies and the NEX Autoport on California Drive from the Tategami Gate to the Laundry Mat / Barber Shop area.** This construction area is reduced to one lane traffic from 8 a.m. until 4:30 p.m. each working day. **Tategami Gate will be closed from January 15-17 (holiday weekend)** to allow for work in this area.

For further information regarding this paving work, contact ROICC at 252-3469.

Registration for Term 3 classes with **University of Maryland University College (UMUC)** has begun and runs from now until Jan. 14.

Term dates are Jan. 17 – Mar. 12, 2005.

For more information, contact David Stuart at 252-3299.

Galley rates changed

Beginning Jan. 1, 2005, the meal rates for the galley will be increased.

Breakfast: **\$ 1.90**

Lunch: **\$ 3.50** Dinner: **\$ 3.50**

For more information, contact the Shogun Cafe at 252-3573.

New car rental prices

Effective Feb. 1, 2005:

Sedans: \$43 daily \$259 weekly + Insurance. **Vans:** \$64 daily \$384 weekly + Insurance **Trucks:** \$7 hourly \$39 daily \$234 weekly + Insurance

Command Connection

Command Connection Radio Show Tuesdays 5:30 p.m., 1575 AM Thunder Radio. Email:

[<commandconnections@cfas.navy.mil>](mailto:commandconnections@cfas.navy.mil)

Call the show during the broadcast to interact with command leadership. On-base: 252-1575. Off-base or cellular, 0956-50-1575

Weather

Sunday Windy and AM Rain Showers

H 63° L 44°

Monday: Light Snow Showers

H 55° L 41°

DUI Counter:

61 days as of Jan. 8

U.S. Seventh Fleet providing support to Aceh Province

Journalist 2nd Class (SW) Patrick Dille

Seventh Fleet public affairs

The USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) began providing logistical support Jan. 1 to disaster victims in the Indonesian province of Aceh for the first time since earthquakes and tsunamis ravaged Southern Asia Dec. 26.

A U.S. 7th Fleet spokesman said the Navy is determined to alleviate the humanitarian catastrophe resulting from the recent natural disaster, and that forward deployed units of the U.S. 7th Fleet train for humanitarian assistance missions to rapidly respond to support relief efforts.

“For the first time in this tragic situation, six SH-60F Seahawk

*Please see **Seventh Fleet**...pg. 6*

TSUNAMI DISASTER RELIEF PROJECT

Commander, Fleet Activities Sasebo (CFAS), has given the CFAS Religious Ministries Department permission to launch a TSUNAMI DISASTER RELIEF PROJECT to raise funds (dollars./Yen) in support of tsunami relief efforts conducted by the American Red Cross throughout the affected South Pacific area. All commands and organizations are encouraged to participate and support this relief project. Appropriate special projects/events to raise donations are also encouraged. All donated monies should be submitted to the CFAS Command Chaplain's Office **NLT 12 p.m, Friday, Jan. 21, 2005.** The office is located on the second floor of the main base Community & Education Center. Contact 252-3380.

Please submit all donations in a sealed envelope and list the command or organization name, point of contact & phone number and the total amount enclosed on the cover. A check for the total amount given by our community will be drafted and sent by express mail to the American Red Cross.



Two USS Harpers Ferry (LSD-49) Sailors enjoy a camel ride during a day-long safari tour through the ship's Morale, Welfare and Recreation (MWR) department during a recent port visit. Harpers Ferry is the Afloat Forward Staging Base (AFSB) for the Essex Amphibious Ready Group (ARG), currently operating in the North Arabian Gulf in support of a sovereign Iraqi government. (Official U.S. Navy Photo by Dental Technician Second Class (SW) Robert D. Price)

2005 Basic allowances for housing rates announced

Special release from the U.S. Department of Defense

The Department of Defense released the 2005 Basic Allowance for Housing (BAH) rates

Dec. 14, continuing the department's initiative of reducing military members' out-of-pocket housing costs.

In total, the planned increase in housing allowance funds for fiscal 2005 above the fiscal 2004 amount is about \$2.5 billion. The 2005 rates represent the final phase of the planned buy down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation.

Out-of-pocket expense, the portion of the typical member's housing cost that the member is responsible for, has been reduced from 3.5 percent last year to zero this year. The 2005 rates represent the final phase in a series of steps taken to bring the average member's out-of-pocket expense to zero by 2005. However, the actual expense for an individual may be higher or lower than that average, based on his/her actual choice of housing.

Three components are included in the BAH computation:

- Median current market rent

- Average utilities (including electricity, heat, and water/sewer)

- Average renter's insurance

Total housing costs are calculated for six housing profiles (based on dwelling type and number of bedrooms) in each Military Housing Area (MHA). BAH rates are then calculated for each pay grade, both with and without dependents. An estimated \$12.3 billion will be paid to more than 910,000 service members in 2005.

Data are collected annually for approximately 400 MHAs in the United States, including Alaska and Hawaii. An important part of the BAH process is the cooperation from the services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual housing units.

For members with dependents, average increases in the BAH are approximately 8 percent. A typical E-4 with dependents, for example, will find his/her BAH about \$47 per month higher than last year. An E-8 with dependents will have about \$60

more in his/her paycheck.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs, an individual member in a given location will never see his/her BAH rate decrease. This policy assures that members who have made

2004 out-of-pocket expense:

3.5%

2005 out-of-pocket expense:

0%

long-term commitments in the form of a lease or contract will not be penalized if the area's housing costs

decrease.

Geographic rate protection has also been provided to members. Geographic rate protection maintains a BAH rate at last year's level while the planned buy down in out-of-pocket expense is phased in. Geographic rate protection means that newly arrived members to an area will not see BAH rates that are substantially less than current members' rates.

The continual improvement in housing allowances represent the Defense Department's commitment to the preservation of a compensation and benefit structure which will provide members with a suitable and secure standard of living.

“One team, one fight;” Juneau Sailors honor fallen Marines

Cryptologic Technician 2nd Class (SW)
Mark R. Witherspoon

Sailors and Marines aboard USS Juneau (LPD 10) paused Dec. 23 to participate in an Honors Ceremony for fallen Marines in Operation Iraqi Freedom. A table at the front of the mess decks has been set aside and specially decorated in memory of their sacrifice.

Staff Sgt. Theodore S. Holder II, Lance Cpl. Brian A. Medina and Lance Cpl. Blake A. Magaoay of the 33rd LAR Battalion and Cpl. Christopher J. Lapka, Lance Cpl. Jeremy D. Bow and Lance Cpl. David M. Branning of 1st Battalion, 3rd Marines Bravo Company were killed in action in October while conducting operations in Iraq. All six men were members of the 31st Marine Expeditionary Unit (MEU) attached to Juneau.

"The Sailors remembered dropping the Marines off in Kuwait back in August, and they wanted to do something to show their respect and gratitude to their Marine

brothers,” explained Gunnery Sgt. Staci Willis, Juneau’s Combat Cargo Assistant and coordinator of the memorial service.

The table has a specific setup, each item holding significant meaning. A white tablecloth lays on top of a red tablecloth symbolizing innocence lost in war and the blood of fallen comrades. A single red rose sits in a vase, a reminder of the lives of the dead and the loved ones who keep their memories alive still. The vase is tied with a red ribbon, a symbol of determination to see the war end, and ensure that those who have perished did not do so in vain. A slice of lemon on a bread plate reminds all of the bitter fate of those who have died in a foreign land. Next to it sits a pinch of salt symbolic of the tears endured by the families and loved ones left behind. A Bible on the table represents the strength gained through faith that sustains all who must deal with the loss of these fine men. A glass sits inverted, for the dead are

Please see **Juneau**...pg. 4



A Master-At-Arms Second Class (SW), an ADF3(SW), a Gunner's Mate Third Class and an ABHAN stand at attention during the Honors Ceremony held for USS Juneau's fallen Marines in Operation Iraqi Freedom. Juneau is forward deployed to Sasebo, Japan, and part of Essex Amphibious Ready Group, which includes USS Essex (LHD 2) and USS Harpers Ferry (LSD 49), along with other multi-national forces, in support of the sovereign country of Iraq.

CFAS CPO Association sponsors 'Ride Now, Pay Later' program

JOSN Jeff Johnstone

CFAS Public Affairs

A new year-round program sponsored by Fleet Activities Sasebo's (CFAS) Chief Petty Officers' Association (CPOA), is helping to keep Sailors and Status of Forces Agreement (SOFA) personnel safer when they go out for a good time.

Effective Dec. 24, a program called Ride Now Pay Later, will provide Sailors with a cab ride home if they are unable to drive or if they simply run out of yen. The

fare will be paid by the CPOA.

"Our goal is to avoid having our Sailors getting in trouble or hurt when they are out in town on liberty," said Senior Chief Engineman (SW) Oscar Mercado, president of the CPOA.

According to Mercado, Sailors should have no difficulty making this program work to their advantage.

"All Sasebo cab companies are participating in this program. All the Sailor has to do is request the form from the driver, hand it to a bartender, and they

will call the taxi. The cab driver will fill out the form, including the amount of the cab fare, and the Sailor simply signs it. When the Sailor returns to base, they just hand the form to the guard at the security gate, said Mercado.

"Only taxis with a base decal can enter through the gate," said Mercado. "If the cab doesn't have a decal, it will drop you off just outside of the gate," he added.

For more information on Ride Now, Pay Later, contact Mercado at 252-3381.

Safety Corner: A fact sheet on the dangers of carbon monoxide

Charles Carr

CFAS Safety Department

Each year in America, carbon monoxide (CO) poisoning claims more than 200 lives and sends another 10,000 people to hospital emergency rooms for treatment. The United States Fire Administration (USFA) and the National Association of Home Builders (NAHB) would like you to know that there are simple steps you can take to protect yourself from deadly carbon monoxide fumes.

Understanding the risk; What is carbon monoxide? Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Where does carbon monoxide come from? CO gas can come from several sources: gas-fired appliances, charcoal

grills, wood-burning furnaces or fireplaces and motor vehicles.

Who is at risk? Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

What actions do I take if my carbon monoxide alarm goes off?

What you need to do if your carbon monoxide alarm goes off depends on whether anyone is feeling ill or not. If no one is feeling ill, silence the alarm, turn off all appliances and sources of combustion (i.e. furnace and fireplace), ventilate the house with fresh air by opening doors and windows and call a qualified professional to investigate the source of the possible CO buildup.

If illness is a factor: Evacuate all occupants immediately, determine how many occupants are ill and determine their symptoms, call your local emergency number and when relaying information to the dispatcher, include the number of people feeling ill, do not re-enter the home without the approval of a fire department representative and call a qualified professional to repair the source of the CO.

Protect yourself and your family from CO

poisoning.

Install at least one UL (Underwriters Laboratories) listed carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. Carbon monoxide alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms.

It is highly possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present. Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year. Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.

Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
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Command Spotlight: UMUC Sasebo Office

JO1(SW) Ron Inman
CFAS Public Affairs

Fleet Activities Sasebo's (CFAS's) University of Maryland University College (UMUC) office offers a wide variety of educational opportunities for those seeking higher education.

The 2004-2005 academic year marks the 49th year of UMUC's college program in Asia, commonly known as the Asian Division.

The office is run by Field Representative David Stuart, who has been with the office since September 2002, and Computer Lab Technician Scott Stallone, who retired from the U.S. Navy last August.

Stuart says the purpose of the office is to help students realize their educational goals with on-site and distance education courses, as well as assistance with degree planning.

"We'll pull out our catalog of courses and find out what the student is interested in, what degree they are

trying to earn and show them which courses they can take to obtain their degree," Stuart said.

According to the school's most recent student handbook, the school provides courses and programs leading to certificates, Associate's, Bachelor's and Master's degrees

Stuart said UMUC instructors are either based locally or travel between locations in Japan to teach their subject areas, based on the needs of UMUC.

He cited several examples of local instructors. "Dawn Dowdell, a Navy spouse, teaches English, Theatre and Spanish," Stuart explained. "Dr. Lowell Brubaker and his wife Yuko live in Nagasaki, where Dr. Brubaker teaches at Nagasaki Wesleyan University. He teaches biology and psychology and his wife teaches Japanese."

Stuart welcomes questions and vistors anytime. "That's what I'm here for," Stuart said. "No appointment necessary." For more information call or e-mail Stuart at 252-3299 or <dstuart@asia.umuc.edu>.

Seventh Fleet drug testing policy as strong as ever in 2005

Journalist 1st Class Brianna K. Dandridge
U.S. Seventh Fleet Public Affairs

"The good times are over. If you do drugs, we are going to catch you," said U.S. Seventh Fleet, Command Master Chief (SW) Ashley B. Smith.

Aggressive and accurate testing will continue to make attempts to circumvent the Navy's "zero tolerance" policy a futile effort, according to the urinalysis program coordinator for the staff of Commander, U.S. Seventh Fleet, Chief Master-At-Arms (SW/AW) Kevin Fuller.

"Things like drinking vinegar or ice tea to get the THC (tetrahydrocannabinol, a chemical found in marijuana) out of your system is false. If you use drugs we will catch you," he said. "Another myth is that we only test 10 percent of samples collected. That is completely untrue. All samples are tested."

Although some Sailors try to beat the system, according to Fuller, there are no effective methods to avoid detection.

"Sailors should know that when it comes to drug testing that we are proactive and that we are out there doing our jobs," said Fuller.

Typically drug use is punishable under Article 112a of the Uniform Code of Military Justice. Sailors are routinely given maximum punishment at non-judicial punishment, which is reduction in rate and forfeiture of one-half month's pay for two months and restriction for 45 days and extra duty for 45 days, ultimately leading to

administrative separation, explained Lt. Cmdr. Albert Janin, deputy Seventh Fleet judge advocate. The Navy is required to prosecute a Sailor suspected of wrongful narcotics use, he added.

"Distribution is a much more serious crime," Janin said. "It is not uncommon for a Sailor convicted of selling drugs to be sent to court martial and get confinement in the brig."

Among the drugs Sailors have been caught selling include ecstasy.

"Ecstasy is a popular club drug and often done casually on weekends. That's why we do frequent and random testing all the time, to ensure that we don't miss that person," said Fuller. "There are no limits on the number of times or the number of service members that can be tested per month."

"The BUPERS (Bureau of Naval Personnel) Manual specifically states that an other-than-honorable (discharge) is the characterization of service that is most appropriate for wrongful drug use and in my experience it tends to come out that way," said Janin.

Other-than-honorable discharges do not allow Sailors take advantage of some veteran's benefits.

For more information on the best ways to prevent narcotic use, log onto the Navy Drug and Alcohol Abuse Prevention Program website <www.navdweb.spawar.navy.mil> or contact Fleet Activities Sasebo's (CFAS's) Urinalysis Program Coordinator, CSC(SW/AW) Guerrero at 252-3587.

Profile:



UMUC Field Representative

Hometown...Tucson, Ariz.

What is your favorite thing about Sasebo?

It is a quiet place with a great sense of community.

What hobbies do you have?

PC gaming, target shooting, quail hunting, reading and movies.

Who do you consider to be your role model?

There isn't a specific person I look to as a role model. There are instead a few people in whom I see characteristics I would like to emulate.

What are your personal goals?

My biggest goal right now is to obtain my bachelors' degree.

What motivates you?

The joy of life.

What do people not know about you?

If there's something people don't know about me, then I probably don't want them to know.

What is the one thing you can't stand?

Olives!

What is your most embarrassing moment?

I don't have one. Those kind of things don't stick with me.

What is your favorite movie?

It's a tie between "Gladiator" and "Tombstone."

If you could have dinner with three people, living or dead, who would they be?

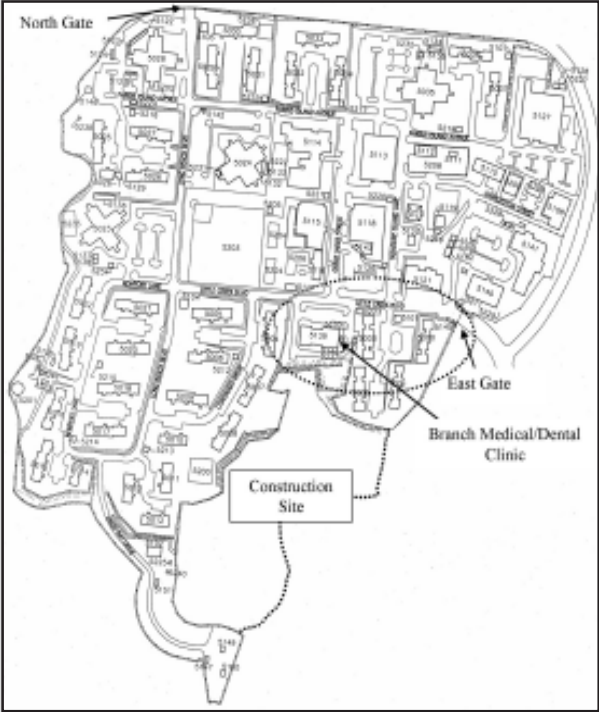
My grandparents on my father's side who passed away many years ago and George W. Bush.

If you could bring one thing with you on a deserted island, what would it be?

My iPod, hopefully with some sort of solar panel for power so that I would never get bored.

Hario Construction Note

The final site preparation effort before actual construction of the next mid-rise apartment building at Hario Village is now underway. Site preparation work will primarily consist of leveling the area to achieve the correct elevation. In the effort to achieve this goal, this phase will require the transportation of excess soil off base. The majority of the heavy construction equipment traffic will be confined to a route extending from the construction site's main entrance located behind the Branch Medical/Dental Clinic to the East Gate along Little Creek Boulevard. Current work schedule is Monday through Saturday from approximately 8 a.m. until 4:30 p.m. This final site preparation phase is scheduled for completion in June 2006. For more information regarding this construction effort, please contact the Army Corps of Engineers, Japan Engineer District's Sasebo Project Office at 252-3251.



Essex Sailors receive Christmas cookies in the Gulf

USS Essex (LHD 2) Public Affairs

It was an early Christmas gift for the crew of USS Essex (LHD 2), Dec. 15, when several large boxes arrived in the mail. Each box contained about 250 home baked ‘Ghirardelli Chocolate Chip’ Tollhouse cookies, piled in rows, protected by bubble wrap, sent all the way from Oklahoma.

“My Mom had joked about wanting to make me and the whole ship cookies for Christmas while I was away,” said Information System’s Technician Seaman Adam Arnold. “I didn’t think she was serious until she asked me how many people were on the ship.”

Unsure of exactly how many people were aboard Essex, Arnold asked his Chief for help. “When Arnold asked me about how many people were on the ship, I thought his Mom was just going to be making the cookies for the division. I didn’t think she would actually bake enough for the whole ship,” said Information System’s Technician Chief (Surface Warfare) Joel Dean.

Undaunted by the number of people aboard Essex, Arnold’s Mom Christine, and a close family friend, Gena Rhea, began to make cookies. “At first we were just going to send a batch of cookies to my son Adam. But we had never seen 3,000 cookies before, so we made that many for everyone aboard the USS Essex,” she said. “Seriously we just wanted to show our appreciation for your service to our country and

this is what we decided to do.”
Twenty-four hours and roughly 3,000 cookies later, the



The Essex Executive Officer Commander, an Information System’s Technician Seaman, and Essex Command Master Chief (Surface Warfare/Air Warfare) open one of several boxes of homemade cookies mailed to Essex by Arnold’s mother, Mrs. Christine Arnold. All 3,000 cookies were baked by Mrs. Arnold and her friend, Mrs. Gina Rhea, to show their appreciation and boost crew moral while deployed during the holiday season. (Official U.S. Navy photograph by Photographer’s Mate Stephanie L. Johnson)

task was done. “We baked cookies for two days straight,” said Mrs. Arnold. “During this time, our husbands and children hounded us for samples of the cookies. We both had to protect the growing cookie pile from the ravenous looters,” she added.

After the hard work of baking the cookies, all that was left was delivering the boxes to the ship. “My parents weren’t really sure how to send the cookies to me at first,” said Arnold. Arnold’s parents ended up mailing them directly to him on the ship.

Once the boxes arrived on board Essex, they were placed on the mess decks, opened, and the cookies were unwrapped and put on silver platters for the crew to enjoy. In a matter of about two and half hours, all of the chocolate chip cookies were eaten.

“This is the first time I’ve seen anything like this happen, and this is my fifth boat,” said Culinary Specialist First Class (Surface Warfare) Manuel Alas. “Arnold’s Mom is the real Santa Clause.”

“Maybe next time we can come out to the Essex and bake even more goodies,” said Mrs. Arnold. “This is our way of wishing all of those on board the USS Essex a Merry Christmas.”

Essex is the flagship for the Essex Amphibious Ready Group currently operating in the North Arabian Gulf providing security and stability in support of the sovereign Iraqi government.

USS Harpers Ferry fuels three vessels Christmas Eve in NAG

Journalist 2nd Class Brian P. Biller
USS Harpers Ferry Public Affairs

USS Harpers Ferry (LSD 49) performed an underway replenishment of three vessels in the North Arabian Gulf Dec. 24.

After first refueling the USCGC Baranof (WPB 1318), Monomoy (WPB 1326), and USS Chinook (PC 9), Harpers Ferry received USS Dextrous (MCM 13) alongside.

Dextrous, a mine warfare ship is twice the size of the patrol craft that routinely replenish fuel from Harpers Ferry.

“While the PCs demonstrate their own unique handling requirements, an MCM presents new and different concerns on a much larger scale,” said Harpers Ferry Boatswain Chief Warrant Officer Jeff E. McElhannon. “We were able to make way and maneuver with PCs and WPBs alongside. However, it’s nearly impossible to do so with an MCM,” he added.

Even though it was the day before Christmas, the ship’s crew geared up and performed for a day of fast-paced logistical operations.

“We modified our mindset to more of a mooring alongside evolution, vice a small boat refueling,” he explained. “It is definitely something we’ve never done before, or even imagined having to execute.”



A Boatswain’s Mate First Class (SW) watches USS Chinook (PC-9) on approach to USS Harpers Ferry (LSD-49). (Official U.S. Navy photo by Journalist Second Class Brian P. Biller)

McElhannon added that the deck crews were briefed, with utmost emphasis on safety, operational risk management and emergency procedures.

“The evolution went very well,” said Harpers Ferry Commanding Officer Cmdr. Burt Quintanilla.

He said he had seen this type of evolution before but on the receiving end. Cmdr. Quintanilla is

“It was very interesting to host my former ship alongside my present command,” said Quintanilla. “I have an extraordinary crew in Harpers Ferry, and with Dextrous and her great crew alongside, it made me realize again that a career in the Navy is really about continuously training the next generation of Sailors - mind, heart, and soul. The refueling evolution was executed flawlessly because of the expertise and experience of two well trained crews, and two highly efficient ships.”

Harpers Ferry delivered 4,000 gallons of fuel to Dextrous during the underway replenishment.

Harpers Ferry has been on station in the North Arabian Gulf since September, providing security and servicing oil platforms and other nearby support ships.

The amphibious dock landing ship Harpers Ferry has a crew of more than 400 Sailors and is permanently forward deployed to Sasebo, Japan.

USS Essex (LHD 2), USS Harpers Ferry (LSD 49), and USS Juneau (LDP 10) are part of FDNF Amphibious Ready Group forward deployed from Sasebo, Japan, and are now operating in the North Arabian Gulf, with multi-national forces, in support of the sovereign government of Iraq.

Juneau’s ‘XO’s A-Team’ recognizes hard-working Sailors

USS Juneau (LPD 10) Public Affairs

USS Juneau (LPD 10) has a unique program of recognizing and rewarding its top Sailors.

The program is called the “XO’s A-Team” and recognizes Juneau’s top warriors who embody the Navy’s core values of honor, commitment and courage in their work and leadership.

“My A-Team is a group of Sailors who are hard chargers. They are men and women who take pride in their job, completing tasks to the best of their ability,” Said Lt. Cmdr. Todd A. Lewis, Juneau’s executive officer.

“They are warriors who bring their “A”

game to work every day,” he added.

Juneau Sailors selected for this program are presented, during an all-hands awards ceremony, with a set of personalized identification tags and a citation with the phrase “XO’s A-Team”, in recognition for their hard work and leadership.

“I want to recognize as many Sailors as possible through this program. We cannot always award medals for excellent and hard work, but when you become a member of the A-Team, you are a member for life. I don’t care if you’ve messed up, or been to mast - people make mistakes. If you bring your “A” game to work, I want to recognize and thank you,” said Lewis.

“The identification tags are your serialized A-Team membership cards, recognizing you as skilled warriors fighting a war on the tip of the spear and should be worn with pride,” added Lewis.

Thirty-two Sailors on the Juneau have been selected so far for the “XO’s A-Team,” and are leading Juneau Sailors by their example and professionalism.

Recently selected for the “XO’s A-Team” for his leadership and hard work at the deckplates was Culinary Specialist Third Class Jeffery Tumblin of Juneau’s supply department.

“It feels good to be recognized for my hard work. I’m proud of the job that I do, and this shows that others are proud of it

to,” said Tumblin.

USS Juneau (LPD 10) is part of Forward Deployed Naval Force (FDNF) Amphibious Ready Group, which includes USS Essex (LHD 2) and USS Harpers Ferry (LSD 49), forward deployed to Sasebo, Japan, and operating in the North Arabian Gulf, along with other coalition forces, in support of the sovereign country of Iraq.

Sign up now for the Papio Ice Skating and Canal City shopping trip scheduled for Sunday, Jan. 9. Ice skating in Papio offers fun for all levels from beginners to experienced skaters. Be sure to wear something warm and don't forget extra yen for snacks and amusement games. Following your time on the ice, the bus will take you to Canal City, a large shopping mall where you can enjoy a large variety of stores and restaurants. Cost is \$24 for adults, \$20 for teens ages 13-16, \$15 for children 3-12 and \$5 for youngsters two and under. For more information, call 252-3433.

You never know what amazing bargains you'll discover at a community swap meet. That's the fun part, finding everything from appliances to zithers and more at low, low prices. The folks at the Hario Community Center will host a swap meet on Saturday, Jan. 15 from 9 to Noon. No early birds please. Set up begins at 8 a.m. Reserve your table now (\$2 per table) if you have items you want to sell. For more information, call 252-8960.

The Travel & Tours Office has made arrangements for another Nagasaki City Day Tour on Saturday, Jan. 15. Price for adults is \$18 (not recommended for children). Fees include transportation, escort and all entrance fees. The bus will depart the Harbor View Club at 7:45 a.m. and the Hario Community Center at 8:30 a.m., returning to the Hario Community Center at 7 p.m. and the Harbor View Club at 7:30 p.m. Bring extra yen for lunch and souvenirs and be sure to dress for the weather. For more information, call 252-3433.

Sign up at the Travel & Tours Office today for the Ureshino Ryokan Spa and Massage trip scheduled for Monday, Jan. 17. All seats are \$45 and include all spa

All SOFA-sponsored personnel 18 years and above are invited to participate in a free Team Bowling Tournament, sponsored by the Fleet Fitness Center, on Saturday, Jan. 29 at 1 p.m. at the Spare Time Recreation Bowling Center. Teams must be entered by Wednesday, Jan. 26. A representative from each four-member team must attend a mandatory information meeting at the Fleet Fitness Center on Thursday, Jan. 27 at 5:30 p.m. For more information, call 252-3588.

The Fleet Fitness Center welcomes all SOFA-sponsored personnel to join the free Fleet Fitness Center Fun Run/Walk Club to earn points for free gifts, just for participating. The club sponsors approximately 25 runs/walks each year at either the Main Base or in Hario. All you have to do is participate in as many walks/runs or splash & dash half marathons as you can throughout the year. Each time you complete an event you earn points that can be redeemed later for great prizes, such as a club t-shirt, sport bag or a warm-up suit. There is no registration fee to join the club. In addition to points for prizes, winners of each event are eligible for awards in male and female divisions. For more information, call 252-3588.

All commands are cordially invited to participate in a new CFAS Bowling League now being organized at the Spare Time Recreation Bowling Center. The new league will run for 16 weeks beginning in Feb. 2005. Cost is \$10 per week per bowler. The first meeting is scheduled for Wednesday, Feb. 2 at the Bowling Center. All interested bowlers are encouraged to attend, as league officials will be elected and by-laws drafted. Interested bowlers must register to join the CFAS Bowling League at the Spare Time Recreation Bowling Center (Bldg. 91) prior to Monday, Jan. 31. For more information, call 252-3634.

ONE FREE MOVIE!

with the new MWR

CINE-PASS

Receive one stamp
for each movie
admission.
Collect 7 stamps,
your 8th movie is
FREE!

Cine-Pass

available for purchase at:

- Showboat Theater
- Hario Theater
- Travel & Tours Office

For more information,
call 252-2966

Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CANNOT be used for an adult's admission.
5. Admissions is based upon seating availability.
6. Any card that has been reproduced, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No backstage, trailers, studios, skateboards or skates are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

CNO 2005 guidance sets course for Navy

Special Chief of Naval Operations Public Affairs

Taking the fight to the enemy in the global war on terror while bridging to the future is the focus of Chief of Naval Operations (CNO) Adm. Vern Clark for the new year in "CNO Guidance for 2005," released Jan. 3.

CNO wrote that bringing the fight to the nation's enemies is the Navy's mission while transforming to meet the dangerous decades ahead is the Navy's imperative.

"We are engaged in war, and talented American warriors are bringing combat power to bear on the enemies of our country," Clark said. "We must use the lessons of today's fights - both those against the terrorists far from our shores and for talent and change within our Navy - to forge tomorrow's fleet."

As CNO told Navy and Marine Corps News in a recent interview, the Navy had a banner year in 2004. One of the most notable accomplishments was execution of the Navy's Fleet Response Plan. The Fleet maintained "6+2" readiness to consistently deliver six forward-deployed or ready-to-surge carrier strike groups (CSG), plus two additional CSGs in 90 days or less. Other major accomplishments include transitioning to new mission areas including missile defense, providing more support for land forces fighting the global war on terror, and enhancing organizational alignment of the Navy's

people, capabilities and infrastructure.

2004 was also a pivotal year for manpower initiatives. Recruiting saw an increase of 60 percent over fiscal year 2003 in the number of recruits with some college experience, and a rise in the percentage of recruits in the top 50th percentile of those taking the Armed Forces Qualification Test (AFQT) to 70 percent. Retention numbers were stronger than ever, and the Perform-to-Serve program steered more than 4,000 Sailors to undermanned ratings.

"Our many 2004 accomplishments are indicative of your superb leadership, initiative and hard work," Clark said. "We will have urgent need of those qualities in the year ahead as we execute our wartime missions while bridging to the Navy of the future."

Clark said that the future will demand two attributes above all others - "speed and agility. This is true regardless of whether we're talking about combat or the adaptability of our technology and industrial bases. We must do all what we can to increase the speed and agility of our great institution."

The Navy will succeed in this endeavor only if it can get the people with the right skills to the right place at the right time. "A comprehensive Human Capital Strategy (HCS) will do that, and it is therefore a crucial deliverable for our Navy," CNO emphasized. This new strategy will refine the way the Navy recruits, assesses, trains and manages officers, enlisted Sailors and

Department of the Navy employees. "We will pursue new technologies and competitive personnel policies that will streamline combat and non-combat personnel positions," along with improving integration of active and Reserve missions and reducing the Navy's total manpower structure Clark explained. "We must become a better educated, better trained and better compensated, but smaller workforce in the future."

The focus is not about manning reductions according to CNO. "This effort isn't about cutting the numbers in the workforce to save money, while dumping additional work on the backs of Sailors. We've been there before during the drawdown, and we are never going there again." Clark said that the Navy will change the processes to eliminate "make-work," and use available technology to do away with fundamentally unfulfilling work.

According to Clark, the HCS will serve the Navy's mission and Sailors in equal measure, "recognizing the ultimate source of the Navy's competitive advantage lies in unleashing the power of our people; the success of our Sea Warriors is the key to the success of the Navy."

Look for part 2 of this article in the Jan. 15 edition of *Soundings*

DoD announces new policy on sexual assault prevention and response

Special release from the U.S. Department of Defense

The Department of Defense announced Jan. 4 that Under Secretary of Defense for Personnel and Readiness David S.C. Chu delivered the department's new sexual assault policy to Congress.

The policy provides a foundation through which the department will improve prevention of sexual assault, significantly enhance support to victims and increase accountability.

"The department is moving forward to make real changes and to make those changes stick," Chu said. "Sexual assault is a crime and is not tolerated."

Over the past year, the department has been working collaboratively with the

services, members of Congress, and national experts to address the crime of sexual assault within the armed forces. As a result, the Joint Task Force for Sexual Assault Prevention and Response was established in October 2004 as the single point of accountability for the department's sexual assault policy. Its initial task was to develop policy incorporating the criteria set forth in Public Law 108-375, the Ronald W. Reagan National Defense Authorization Act for fiscal 2005, which directed the department to have a sexual assault policy in place by Jan. 1, 2005.

The department needs consistent sexual assault prevention education across the services to create a greater understanding of what constitutes a

sexual assault, risk factors and preventive measures. Service implementation of these policies will have a substantial impact on creating a culture of prevention and an environment that protects the health and well being of our uniformed service members. The sexual assault policy will ensure that there is uniformity in the standards of care and the same support systems are standard throughout the services.

The policies reflect recommendations from the department's Joint Task Force on Care for Victims of Sexual Assault. Core areas include specific guidelines for how to investigate complaints, medical treatment and care for victims, commander's checklists for response actions, reporting of sexual assault

information, and expanding access to care through collaboration between military installations and local community support. A summary of the policy is available at <www.defenselink.mil/news/Jan2005/d20050104sum.pdf>.

In order to meet the Jan. 1, 2005, requirement from Congress, the department issued directive-type memorandums as the first step of a comprehensive, consistent policy. The department will be working closely with the services to implement the policies in an effective and timely manner. The joint task force will continue to provide oversight of the process.

For more news from the Department of Defense, go to <www.defenselink.mil>.

Seventh Fleet...from pg. 1

helicopters from Lincoln are ferrying food and medical supplies from collection points in the Indonesian town of Banda Aceh to affected locations in Indonesia," said Lt. Cmdr. John Daniels, USS Abraham Lincoln CSG public affairs officer. "Additionally, these helicopters will take injured and otherwise affected people back to Banda Aceh, where they will receive necessary medical and humanitarian attention."

U.S. Navy officials expect additional naval support in the area within 7-10 days. In addition to Lincoln CSG ships in the area, including USS Shoup (DDG 86), USS Shiloh (CG 67), USS Benfold (DDG 65) and USNS Ranier (T-AOE 7), the amphibious assault ship USS Bonhomme Richard (LHD 6) will

provide aid to the region along with elements from its expeditionary strike group, including USS Duluth (LPD 6), USS Milius (DDG 69), USS Rushmore (LSD 47), USS Bunker Hill (CG 52), USS Thach (FFG 43) and USCGC Munro (WHEC 724).

In addition, six U.S. maritime pre-positioning ships - large cargo ships loaded with stocks of food, fresh water and other relief supplies - from Guam and Korea will enter the region and contribute resources to the humanitarian effort. The ships are laden with enough equipment and supplies to support 15,000 Marines for one month.

They are equipped with water purification machines and evaporators capable of producing over 100,000 gallons of potable water per day and pumping it to shore from two miles away, road-making supplies, electrical

power generators and a host of other emergency supplies and equipment.

Navy Environmental and Preventive Medicine Unit No. 6 from Pearl Harbor, Hawaii, is set to join the humanitarian effort in Southern Asia Jan. 2 by sending 43 medical professionals into the area to administer a range of medical assistance, including disease assessment and treatment, water-quality and food-quality testing, mosquito and insect assessment, and chemical analysis.

U.S. Navy officials said the 7th Fleet is proud to be the first to provide U.S. naval logistical support to tsunami victims of Indonesia, and has pledged continued support to humanitarian relief efforts in Southern Asia with additional naval assets to enter the region soon.

- INTERESTED IN TAX?
- WOULD YOU LIKE TO VOLUNTEER?
- ANY SPARE TIME?

Volunteer Income Tax Assistance (VITA)
Training

25-28 January 2005

Sign-up at Naval Legal Service Office at 252-3347



CLASSIFIEDS

VEHICLES

(Exp. Jan. 24) **1998 Toyota Calvena**, JCI '05, \$2,200, OBO. Call 252-8167

(Exp. Jan. 24)) **1991 Toyota Levin**, \$2,000. PW, PL & PM. Good condition. Call 252-8455

(Exp. Jan. 24) **1991 Acura Integra**, JCI '06, \$3,000, OBO. 17" chrome rims, complete sound system (cd player, subwoofer, 2 kenwood amp.) Very clean, fully loaded w/ auto transmission. Call 252-4176 or 252-4104

MISCELLANEOUS

(Exp. Jan. 24) Two twin size electric blankets, \$30 each, Japanese convection/microwave oven, \$75, Lg. kerosene heater, \$100. Call 0956-48-7178.

(Exp. Jan. 24) Microwave hutch, \$40 (two cabinets). Italian wine rack-wood barrel design, \$70, Plum 95" (two panels) curtains, \$40. Corner computer desk, \$150. Call 252-8455 or 09045864947.

(Exp. Jan. 24) Phone rights for sale, \$275. Call 252-7146.

(Exp. Jan. 24) TV box 5 t.v. tuner. Turn your LCD monitor into a t.v. multimedia center, no PC required! Brand new, still in the box, \$100. JVC super-vhs VCR with 6 head hi-fi stereo capability. Call 252-7186.

(Exp. Jan. 24) Wine red 1992 BNR32 GT-R 5-speed fully restored in excellent condition. New paint, rust proofed, tires, wheels, slit rotors, brakes, URAS exhaust system and much more. 600 HP HKS High Cams/Turbos. Very clean. Asking \$19,500, OBO. Can be viewed at Bldg. 151. Serious inquiries only. Call 080-5262-6003 or e-mail Aomori95@ezweb.ne.jp

(Exp. Jan. 1) Two Kerosene jugs and battery operated pump. New Dolphin infant swing. Infant carseat and stroller combo. Pots and pan set, toaster. Framed dolphin print. Make offer. 252-8202.

(Exp. Jan. 24) Wanted: Card table and 4-5 folding chairs. Will pay reasonable price. Call 252-8190.

(Exp. Jan. 24) Boat for sale. 22-ft. Yamaha cuddy cabin boat, 185hp Yamaha main engine, 1 8.5 gal. gas tank, 1 5 gal. gas tank and 1 3 gal. gas tank. Dock fee paid until July '05. 3 anchors, lots of rope. Bottom cleaned and painted Aug. '04. Serious inquiries only. 090-2223-6930. or 252-8952.

(Exp. Jan. 24) Black silk dining set. Glass top table, 6 chairs and 2 piece hutch. 2 matching planters w/ Mother of Pearl. Black halogen upright lamp. All \$500, OBO. Call 252-8409 or 252-8952.

(Exp. Jan. 24) Yokohama Advan. tires, \$600. Greddy boost Gauge, \$150. BNR32 GTR front rotors, \$70. Exhaust temperature gauge, \$50. Ohlin Gauges, \$150. Call 080-5253-6240. 1992 BNR32

GT-R fully restored. Excellent running condition. RB26 with HKS TT and HKS High Cams (all flawless) boosting 1.4 at 600 hp very fast, HKS Triple Clutch, new paint, just rust proofed, URAS stainless exhaust, R&G Slit Rotors, brakes, Sony CD/MD player, plus more, All for \$19,500. Can be viewed at Bldg. 151. Call 080-5253-6240.

(Exp. Jan. 24) Triple dresser, nine drawer w/large mirror, \$175. JVC super-vhs VCR with 6 head hi-fi stereo capability, \$50. Boys size 3, good used clothing, over 40 items, \$20 for the lot. Call 252-7186.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English teacher for all ages. Bachelor's degree holder trained in tutoring English. Flexible hours. Please call Rebecca @ 0903-736-5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080-34326967.

.New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show,

10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 52017164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Exerience in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at<www.mdphotography.net>

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G @ 252-8454.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

P.A.W.S. pet rescue organization. If anyone desires a pet, please call Sandra Hornbeek at 090-5024-7139 or Itura Weber at 252-7322. Foster Families for pets waiting for a new family are needed. Donations of pet food, litter and money are always appreciated and may be left at Paws and Claws with Sandra.

MILITARY.COM

SPOUSE SURVEY

on licensing and certification issues

<http://www.military.com/survey/spouse>

Data collected will assist spouses with licenses/certifications in their future employment.



WHAT'S HAPPENING?

DoDEA wants to hear from you

The 2004 Department of Defense Education Activity (DoDEA) Customer Satisfaction Survey is open to all DoDEA students in grades 4-12, their parents/ sponsors and DoDEA teachers. The survey is completely anonymous and can be completed online by logging onto the DoDEA website at <www.DoDEA.edu> and clicking on the 'Customer Satisfaction Survey' link. Any eligible party who does not have access to the online survey may complete a print version of the survey available to them at any DoDEA school. The survey is scheduled to remain online until Feb. 28, 2005. The findings of the survey, which will be published in Spring 2005, will be given consideration in all future efforts to improve upon educational experience that DoDDS and DDESS schools provide.

Get in Shape, Stay in Shape

You can start taking off those extra pounds and get in shape by participating in one or more of the free group exercise classes offered weekly at the Spare Time Recreation Center Aerobics Room. Turbo Kickboxing is offered there every Monday and Wednesday at 5:30 a.m., while Total Body Conditioning exercise classes are

offered every Tuesday and Thursday at 8:30 a.m. You can join in the Multi-Step group exercise class on Wednesdays at 8:30 a.m. Core Strength and Conditioning exercise classes are held every Wednesday at 11:30 a.m. For more information, call 252-3588.

Theater Moolah Readily Available

Now you can purchase up to four different MWR Theater Moolah Gift Certificates at the Community Activities Office located at the Sailing & Outdoor Adventure Center. Moolah Gift Certificates are available for children, admission only (\$2); adults 12 years and above, admission only (\$3); a snack certificate good for a regular soda and popcorn (\$3.25); and a Combo Snack Pack gift certificate good for a soda, candy bar and popcorn (\$3). The Moolah Theater gift certificates, honored at both the Showboat and Hario Village theaters, make ideal holiday stocking stuffers or as gifts for loved ones throughout the year. They also make ideal gifts for coaches and teachers to distribute or they can be used as party gifts. Theater Moolah gift certificates are good for six months from date of purchase. For more information, call 252-3320.

Cine-Pass Privileges

A Showboat and Hario Village Theater Cine-Pass could be your ticket to happiness. A Cine-Pass gives the holder

head of the line privileges for blockbuster movies, plus a total of eight movies for the price of seven. Cine-Passes are now on sale at the Showboat and Hario Village Theaters. For more information, call 252-3500.

NAVY

PFM

Personal Financial Management

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Thrift Savings Plan



FFSC offers the following Financial Classes and Services:

For more information on FFSC's financial classes and services, call 252-3604/3121.



☒ Checking Account Management

☒ Credit Management

☒ TSP Program Awareness

☒ Car Buying Strategies

☒ Home Buying Workshop

☒ Savings & Investment Workshop

☒ Kids Financial Planning Workshop

☒ Command Financial Specialists Training

☒ Individual Financial Counseling

Sasebo Soundings

If you want to place an ad, e-mail

<soundings@sasebo.navy.mil>

or call 252-3485/3409

Deadline for submissions is Tuesday at Noon



Fleet Gym 252-3588

Hario Gym 252-8691

Game of the week: Showtime whips Wolfpack, 66-45

JOSN Jeff Johnstone
CFAS Public Affairs

Dustin Kentzell scored 17 points to lead the Showtime to a 66-45 victory over the



A player from the Showtime (right) attempts a reverse layup as a defender from the Wolfpack offers resistance. Showtime defeated the Wolfpack 66-45 Tuesday night at the Fleet Gym, improving their record to 2-3 for the season. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Wolfpack Tuesday, Jan. 4 in intramural basketball action at the Fleet Gym.

The game was tight in the opening minutes with both teams exchanging baskets before the Showtime, led by Kentzell's 12 point first half performance, pulled away for a 36-24 halftime lead.

From there, the Wolfpack couldn't manage to cut Showtime's lead down to single digits.

Showtime's Gerren Alexander and William Key put on a passing clinic in the second half, in an attempt to run down the clock and prevent any comeback attempts from the Pack.

Alexander led the Showtime's scoring onslaught in the second half with eight points.

Tight defense from the Showtime, including key plays from Blair Bowden, with a key steal in the

game's closing minutes, led to a score by Alexander. That was the theme of the night for Showtime, never allowing the Wolfpack to gain any momentum.

They repeatedly shut down the Wolfpack whenever they were in the paint.

As the competitive aspect of the game deteriorated, the Showtime began to entertain the crowd by attempting slams and by playing keep-away from the Wolfpack defenders.

The game ended via the 20-point rule with 4:14 remaining in regulation. This rule ends the game whenever a team falls behind by 20 points or more.

Cardell Jackson led the Wolfpack with eight points, and Eliezer Serrano and Jake Meyers both had seven.

The Showtime improved their record to 2-3 following the victory, while the Wolfpack drop to 2-2.



An unidentified Showtime player (15) attempts a jam in the second half. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: What keeps people from going to the gym?

Alec Culpepper
Fitness & Aquatics Director

The American Council on Exercise (ACE) polled over 1,500 people and asked that very question. The results: 1) 46 percent say they don't go to the gym because it's too crowded. 2) 21 percent say they don't go because they don't know what they are doing.

3) 19 percent feel they'll be the only one who isn't "buff" or already in good shape.

4) 11 percent say rude gym etiquette keeps them from going.

5) 3 percent said they're afraid to ask questions.

Well here in Sasebo due to heavy work demands on our military the gyms have been slow simply because not many people are in town at the moment.

If you don't go because you are unfamiliar with the gym please don't let that stop you.

We are here to help and answer any questions you may have. Just remember everyone has to start somewhere and most people are glad to see you at the gym doing something healthy.

So please get up, get out and get moving. We have three fine facilities in the Sasebo area that you have access to free of charge, so if you don't like one of our facilities for whatever reason there are alternatives.

Sports Results:

New Year's Resolution 3K Nimitz Park

1st place male - 3k

Rick Gilbert - SRF

1st Place female - 3k

Sunny Mitchell - CFAS

New Years Resolution 5K Hario

Jan. 2, 2005

Male Category:

First Place: Rick Gilbert

23:43

Second Place: Tom Howard

25:29

Female Category:

First Place: Miki Gilbert

23:43

Upcoming Sports/Events

Midnight Madness Kickball:

Friday, Jan. 7

Begins at 9:00 p.m., at Nimitz Park, Softball field #2

Team Entries to players due to the Fleet Fitness Center Office by Jan. 4.

Hot chocolate will be provided and awards will be given to top three teams.

P.O.C: Mark Haley, 252-3588

Martin Luther King Jr. Golf Tournament:

Monday, Jan. 17.

Event will be held at Highway Golf Course.

A registration fee of \$5 is needed, and spots are limited so sign up as early as possible to reserve a spot

Tee times must be secured by Jan. 12.

POC: Mark Haley, 252-3588

Martin Luther King Jr. 5-on-5 Basketball Tournament:

Monday, Jan. 17

Register your team by Wednesday, Jan. 12.

Team Awards will be given to the top three teams, along with MVP and Sportsmanship Awards.

POC: Mark Haley, 252-3588

Flag Football Standings (as of Jan. 5, 2005)

Rank	Team	Win	Loss
1	Dragons	15	0
2	Hooligans	6	6
3	Seabees	3	5
4	Guardian	3	3
5	Fort Mac	2	6
6	Wolf Pack	4	5
7	Hitmen	1	9

Winter Basketball Standings (as of Jan. 5, 2005)

Rank	Team	Win	Loss
1	Outlaws	3	1
2	Wolfpack	2	2
3	Showtime	2	3
4	Guardian	0	1

FROM THE BENCH
with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 – 9:00
HUNDER RADIO 1575